

Media, PA – First observed in 1986, Martin Luther King Jr. Day is now marked by volunteers nationwide participating in community service. — King himself noted the importance of volunteerism in building strong communities when he remarked:

*Everybody can be great, because everybody can serve. You don't have to have a college degree to serve. You don't have to have to make your subject and your verb agree to serve. You don't have to know about Plato and Aristotle to serve. You don't have to know Einstein's "Theory of Relativity" to serve. You don't have to know the Second Theory of Thermal Dynamics in Physics to serve. You only need a heart full of grace, a soul generated by love, and you can be that servant.*

To honor the memory of King, Congressman Sestak spent the weekend volunteering and speaking about King's commitment to serving the community and standing up for civil rights.

"Martin Luther King left the United States a tremendous legacy. He lived his life in a way that should be an example to all of us, as he strove to make the world around him more just," said Congressman Sestak. "Above all, King showed us that service to one's community is one of the greatest gifts on person can offer his or her fellow citizens."

Congressman Sestak began the day with a trip to St. Paul's Baptist Church in West Chester to address a crowd of volunteers and praised their exemplary public service. He then headed to the Don Guanella School, where he helped clean the pool along with a group of Valley Forge Military Academy and College Cadets. Next, the Congressman joined up with the Neighbor to Neighbor volunteer group to paint the interior of the First African Baptist Church in Sharon Hill.

That afternoon, Congressman Sestak met with the Yeadon NAACP at Penn Wood High School where he helped with various school improvement projects. He concluded the day of service by giving remarks at Crozer Chester Medical Center in a ceremony that included a performance by the St. Thomas Gospel Choir from Philadelphia. A wreath was laid next to Crozer's Old Main Building, where King studied for his theology degree when the building was part of the Crozer Theological Seminary.

Earlier in the weekend, Congressman Sestak spoke at the Media Fellowship House Martin Luther King Day Ceremony and participated in the Vanguard/Elwyn Basketball Extravaganza, where he kept score, instructed on rules, and cheered on participants.

"I had a great time this weekend," said Congressman Sestak. "The people of this district have a lot of heart and a spirit of goodwill for their neighbors. It was a pleasure to work alongside them."

*Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the Congress.*